

# Flex Therapist CEUs

## Organ Transplantation - Role of Physical Therapy

**1. What intervention should a PT focus on with a patient who has transferred with minimum assistance of one on the third day after a heart transplant?**

- A. Seated Exercises
  - B. Sit to Stands
  - C. Community Ambulation
  - D. Short Distance Ambulation
- 

**2. What qualifies a person to have stage four heart failure per the New York Heart Association?**

- A. Angina with Exertion
  - B. Angina while Sitting
  - C. Angina while Walking
  - D. None of These
- 

**3. What might a patient with a fever and high respiratory rate be experiencing eight weeks after a lung transplant?**

- A. Chronic Rejection
  - B. Myocardial Infarction
  - C. Poor Tolerance to Activity
  - D. COPD Exacerbation
- 

**4. Which assessment item is the best to capture community mobility and endurance?**

- A. DGI
  - B. FGA
  - C. Berg
  - D. 6MWT
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**5. Which organ transplantation is the most common in the United States?**

- A. Kidney
  - B. Heart
  - C. Liver
  - D. Lung
-

**6. Which vital response would be concerning in a treatment of a patient six weeks post operative from a heart transplant in home health?**

- A. Heart Rate of 85 while Ambulating
  - B. Heart Rate of 50 while Resting
  - C. Blood Pressure of 80/44 post Ambulation
  - D. Blood Pressure of 150/77 after Ambulation
- 

**7. What strength measure would best capture functional strength in a patient one week after a liver transplant?**

- A. Five Time Sit to Stand
  - B. Manual Muscle Test of the Quadriceps
  - C. Berg
  - D. TUG
- 

**8. UNOS plays which of the following roles in organ transplantation?**

- A. Procurement of Organs
  - B. Transplantation List
  - C. Determining Necessity for Organs
  - D. All of the Above
- 

**9. Which PT balance test may capture fall risk in a patient on post operative day five from a kidney transplant who needs minimum assistance to ambulate?**

- A. Berg
  - B. DGI
  - C. FGA
  - D. TUG
- 

**10. What is the most common reason one would need a liver transplant?**

- A. Hepatitis
  - B. Cirrhosis
  - C. Ascites
  - D. Jaundice
- 

**11. Which of the following is a key to success in all transplantation rehabilitation?**

- A. Achieving Goals as Quickly as Possible
  - B. Family Support
  - C. Achieving Normal Strength in Three Weeks
  - D. None of These
-

**12. What intervention should a PT prioritize for a patient in the ICU who has not been mobilized on day two after a heart transplantation?**

- A. Bed Mobility
  - B. Core Strengthening Exercises
  - C. Positioning Program with Wedges
  - D. Both A and C
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**13. What represents a precaution in working with all patients post organ transplantation?**

- A. Sternal Precautions
  - B. Spreading Disease to Immunocompromised
  - C. Airborne Precautions
  - D. Standard Precautions
- 

**14. What complication is a patient who has not mobilized in three days after a kidney transplant at risk of?**

- A. Rejection
  - B. Infection
  - C. Pulmonary Embolism
  - D. Myocardial Infarction
- 

**15. If a patient achieves 395 meters on the 6MWT two months after their transplant, what does this indicate?**

- A. Normal Test
  - B. Slightly Impaired Gait Speed
  - C. Debility
  - D. Safe Community Ambulation
- 

**16. Which of the following is not a characteristic of someone who is frail?**

- A. Walking Speed of 0.6 m/sec
  - B. Intentional Weight Loss of 15 Pounds
  - C. Grip Strength in the 5th Percentile
  - D. Self Reported Exhaustion of Less than Two Days Per Week
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**17. What consideration should a PT take into account when evaluating a patient post lung transplant in the ICU?**

- A. Immunocompromised
- B. Sternal Precautions
- C. Vitals

D. All of the Above

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**18. Which strength exercise parameter is appropriate for a patient three months from their liver transplantation surgery?**

- A. Three Sets of Eight Squats
  - B. Five Sets of Two Squats
  - C. Four Sets of Twenty Lunges
  - D. Two Sets of Five Lunges
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**19. Which condition may require other forms of treatment besides lung replacement?**

- A. Lung Cancer
  - B. Pulmonary Fibrosis
  - C. Cystic Fibrosis
  - D. COPD
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**20. What standardized measure might a PT ask to gain insight on the difficulty of an aerobic exercise task to a patient in a skilled nursing setting?**

- A. Pain Rating
  - B. RPE
  - C. Exertion Rating
  - D. Difficulty Rating
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